



**Creative Juices  
Consulting**

## **Glowing Green Smoothie**

### **Ingredients**

**1 ½ cups coconut water**  
**Large handful kale**  
**1 stalk organic celery**  
**1 organic green apple, cored but unpeeled**  
**1 organic pear**  
**1 banana (optional)**  
**Juice from ½ lemon**  
**1 cucumber**  
**1 orange**  
**Ice**

**Place all items in the Vitamix® and blend until desired consistency is reached.**